

COVID-19



Northern Population Health Unit

Weekly Update

LA RONGE

AS OF MARCH 30, 2021

COVID-19 Cases

≤5 New cases in last 7 days	≤5 Recoveries in last 7 days	≤5 Current active cases	178 Total cumulative cases
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Note: To preserve confidentiality, case numbers less than or equal to 5 in any category are reported as ≤5.

What is Self-Isolation, and Why is it Important?

Isolation is one of the most important things you can do to prevent the spread of COVID. It has been used effectively for over two thousand years to prevent contagious diseases from spreading through the population – much longer than modern medicine has existed.

People are currently required to self-isolate in two circumstances:

- after a positive COVID test, or
- when they have been in close contact with a positive case.

Effective isolation isn't easy. While on isolation, you cannot have visitors in your home, even for short periods of time. Day-to-day activities such as grocery shopping, picking up prescriptions, going to school or work, going for a walk up the street, or going to church are not allowed. Consider having food or medicine dropped off outside of your home by friends or family, or use a delivery service. You can't go out except in emergency circumstances. If you must go out in an emergency, make sure you are wearing a properly-fitted mask, and maintain at least 6 feet distance between yourself and others.

Any symptoms, however mild, are cause for concern with COVID. Your body may not react strongly to a COVID infection, but you can still spread the disease to others, and their reaction may be far worse. This is why if you are isolating at home, you should remain isolated from other members of your household as well as the outside world.

If you know of anyone breaking isolation, you could speak to them about it, if you feel comfortable. Reminding people that they are putting their family, friends and community at risk can help them make safer choices. If you aren't comfortable speaking to them, or they still don't comply, you can [submit a short report form online](#). These reports go to the Public Health Inspectors, who can address the problem. The form does require your name, but the inspectors will keep your identity private if you prefer. This is especially important if people required to isolate are planning or attending parties – there have been outbreaks in nearly all northern communities linked to house parties, and the risk of transmission is very high.

Thank you for your help in stopping the spread of COVID-19 in your community.

Keep yourself and others around you safe!

- Please follow recommended health and safety measures at all times, regardless of the number of known active cases in your community.
- Avoid socialization between different households.
- Do not travel outside your community (including out-of-province) unless essential.

Healthy People, Healthy Saskatchewan

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.



[saskhealthauthority.ca](https://www.saskhealthauthority.ca)